

AMENDED IN ASSEMBLY AUGUST 8, 2012

AMENDED IN ASSEMBLY AUGUST 6, 2012

CALIFORNIA LEGISLATURE—2011–12 REGULAR SESSION

Assembly Concurrent Resolution

No. 161

Introduced by Assembly Member Dickinson

June 13, 2012

Assembly Concurrent Resolution No. 161—Relative to food literacy awareness month.

LEGISLATIVE COUNSEL’S DIGEST

ACR 161, as amended, Dickinson. Food literacy awareness month.

This measure would proclaim the month of September of each year as food literacy awareness month ~~and would encourage the Department of Food and Agriculture, the State Department of Public Health, and the State Department of Education to work together with local communities to engage in various activities related to food choices and education.~~

Fiscal committee: yes.

- 1 WHEREAS, “Food literacy” is defined as the understanding of
- 2 the impact of your food choices on your health, the environment,
- 3 and our community; and
- 4 WHEREAS, Our food choices affect our health. In California,
- 5 38 percent of children are overweight. If the problem of obesity
- 6 is not reversed, poor diet and physical inactivity will likely overtake
- 7 tobacco as the leading cause of preventable death in America; and

1 WHEREAS, ~~Only 14 percent of Americans eat 25 percent of~~
2 ~~United States adults eat the recommended~~ five servings of fruits
3 and vegetables daily; and

4 WHEREAS, Residents living in low-income and underserved
5 ~~rural and urban~~ neighborhoods without access to ~~fresh~~, healthy
6 foods, known as “food deserts,” have more health problems and
7 higher mortality rates than residents of areas with a higher
8 proportion of grocery stores. Outcomes worsen when the food
9 desert has high concentrations of nearby fast food alternatives;
10 and

11 WHEREAS, ~~Food grown and consumed locally has a higher~~
12 ~~nutrient value than foods transported long distances; and~~

13 WHEREAS, ~~People who shop at farmers’ markets come home~~
14 ~~with more fruits and vegetables than people who shop at the~~
15 ~~supermarket. Expansion of local food systems could ultimately~~
16 ~~help reduce health care costs from obesity and other health~~
17 ~~problems linked to a diet dominated by processed foods obtain~~
18 ~~farm-grown products that make a shorter farm-to-table trip,~~
19 ~~purchase directly from a family farm, obtain cultural and specialty~~
20 ~~fruits and vegetables that are often not easily available elsewhere,~~
21 ~~and strengthen the local economy while decreasing the demand~~
22 ~~on transportation from outlying areas; and~~

23 WHEREAS, Our food choices affect the environment: ~~food sold~~
24 ~~through direct marketing channels tends when food items are sold~~
25 ~~in a more direct way, such as at farmers’ markets, food items tend~~
26 to be relatively less processed, which can result in significant
27 energy savings. ~~Expansion of local and regional food systems can~~
28 ~~reduce the environmental cost of United States agriculture; and~~

29 WHEREAS, ~~The entire global food chain may account for~~
30 ~~one-third of what’s heating our planet; and~~

31 WHEREAS, ~~Pesticide use in our food system has been proven~~
32 ~~both harmful to the environment and to human health. Organic~~
33 ~~produce contains higher levels of vitamins and nutrients than those~~
34 ~~sprayed with pesticides; and~~

35 WHEREAS, ~~If we all ate just one local meal a week we would~~
36 ~~save 1.1 million barrels of oil annually; and~~

37 WHEREAS, Our food choices affect our community: as they
38 ~~grow, local and regional develop, California~~ food systems create
39 jobs and raise incomes in the areas they serve, ~~keeping customers’~~
40 ~~food dollars active in the local economy as farmers increase~~

1 spending on inputs and equipment to meet growing local demand;
2 and

3 *WHEREAS, For more than 60 consecutive years, California*
4 *has been the number one agricultural state in the nation, producing*
5 *more than 400 crops and livestock products and accounting for*
6 *approximately 50 percent of the nation's supply of fruits,*
7 *vegetables, and nuts; and*

8 *WHEREAS, Education is needed to inspire change. Forty-two*
9 *percent of parents find it easier to understand furniture assembly*
10 *instructions than the contents of a nutrition label. A broad approach*
11 *to nutritional education is vital to ensure that California*
12 *agriculture continues to flourish; and*

13 *WHEREAS, When individuals are taught how to cook with*
14 *fresh fruits and vegetables, they are 85 percent more likely to*
15 *incorporate them into their diet. People who don't cook spend a*
16 *larger percentage of their budget on food than those who do; and*

17 *WHEREAS, The objective of food literacy awareness month*
18 *will be to promote food education, inspire food choices that are*
19 *good for people and good for the planet, encourage parental*
20 *involvement, and motivate communitywide support; now, therefore*
21 *be it*

22 *Resolved by the Assembly of the State of California, the Senate*
23 *thereof concurring, That the Legislature hereby proclaims the*
24 *month of September of each year as food literacy awareness month*
25 *in California; and be it further*

26 *Resolved, That the Legislature encourages the Department of*
27 *Food and Agriculture, the State Department of Public Health, and*
28 *the State Department of Education to work together with local*
29 *communities to do all of the following:*

30 *(a) Increase awareness about the broad impacts our food choices*
31 *have on our health, environment, and communities.*

32 *(b) Educate our children about eating food that's healthy for*
33 *them and for the planet.*

34 *(c) Encourage consumption of more unprocessed foods through*
35 *local, California-grown whole foods and improve access to local*
36 *farmers' markets, farm stands, and gardens.*

37 *(d) Teach families how to cook healthy, budget-friendly meals*
38 *and snacks.*

39 *(e) Support change in our public food choices that promote*
40 *health as much as convenience.*

- 1 ~~(f) Improve the environmental effects of our food system by~~
- 2 ~~encouraging composting, organics, waste reduction, and~~
- 3 ~~sustainability; and be it further~~
- 4 *Resolved*, That the Chief Clerk of the Assembly transmit copies
- 5 of this resolution to the author for appropriate distribution.